

	SPIRITUALLY (TIME)	RELATIONALLY (TRUST)	PHYSICALLY (TEMPLE)	FINANCIALLY (TREASURE)	MISSIONALLY (TALENT)
DAILY / REGULARLY	Morning time with Jesus Evening journaling and examen prayer	Be family with my three roommates	Pullups/pushups (morning) Healthy eating Yoga (evening)	Abundance over scarcity mindset	Study Bangla Text teens Be available to Shapla, Kulsuma, Luba, Shumi
WEEKLY	Lectio divina (Sunday mornings) SABBATH (Saturdays) Church gathering (sunday evening)	Communicate with my accountability partners and my two closest friends, Elise and Grace Church family	Meal plan/prep SABBATH rest	Tithe Generosity when someone asks me for money/time/resources	Work on the ministry team Work on school/internship Invest in relationships in my neighborhood
MONTHLY	Exegetical study (resources from LEFC)	Family zoom call Siblings zoom call Talk to mentor	Long bike ride or climbing gym	Pay bills Follow budget Withdraw cash	Invite people for a meal at my apartment Visit shops/restaurants in my community on 74 th /37 th st
QUARTERLY/ SEASONALLY	Guided Spiritual Growth Retreat (Resources from Velvet Ashes)	Visit long distance friends/family	Choose a fast (especially during Lent)	Communicate with ministry supporters/raise support if necessary	Evaluate rhythms and priorities and make adjustment with time allocations Make a new schedule
ANNUALLY	Solitude 3 day retreat To listen to God and respond to him	Family vacation Friend getaway	Backpacking trip and/or camping	Evaluate budget, do taxes, make savings goals	Celebrate Muslim holidays with Muslim friends (Eids, cultural festivals, etc) Invite Muslim friends to Easter & Christmas parties and share with them